

## LISTING OF THE CLAIMS

1. (Withdrawn) A method for stick handling training for a hockey player comprising:

stick handling a rolling element, with an element weight to hockey puck weight ratio of 1.3 or greater, between two positions on a practice surface using a hockey stick;

said practice surface having a higher resistance to sliding of the rolling element than to rolling of the rolling element;

said hockey stick comprising a shaft portion held by the hockey player with an upper hand and a lower hand and having a blade portion attached to the shaft portion for stick handling the rolling element; and,

wherein said stick handling the rolling elements comprising:

applying a first torque to the shaft portion of the hockey stick using the upper hand tightly gripped thereon for rolling the rolling element across the practice surface in a first direction;

applying a second torque, opposite in rotation from the first torque, to the shaft portion of the hockey stick using the upper hand tightly gripped thereon for rolling the rolling element across the practice surface in a second direction substantially opposite to the first direction; and,

using the lower hand loosely gripped to the shaft portion to guide the blade portion of the hockey stick during rotation thereof and to move the blade portion between the two positions on the practice surface.

2. (Withdrawn) The method of claim 1 wherein the element weight to hockey puck weight ratio is 3.2 or greater.

3. (Withdrawn) The method of claim 1 wherein the two positions on the practice surface are substantially 610 mm, (24 inches) apart.

4. (Withdrawn) The method of claim 3 further comprising the steps of performing practice sets of thirty or more repetitions of moving the rolling element between the two positions.

5. (Withdrawn) The method of claim 3 further comprising the steps of:

stick handling a plurality of rolling elements each having a different element weight to hockey puck weight ratio; and,

performing a practice set comprising stick handling each of the plurality of rolling elements between the two positions for thirty or more repetitions.

6. (Withdrawn) The method of claim 5 wherein a practice session comprises three or more practice sets of stick handling each of the plurality of rolling elements between the two positions and further comprising the step of performing two or more practice sessions per day for more than 30 days.

7. (Withdrawn) The method of claim 1 wherein the rolling element comprises a spherical element.

8. (Withdrawn) The method of claim 1 wherein the rolling element comprises a cylindrical element.

9. (Withdrawn) The method of claim 1 wherein the rolling element comprises a solid steel ball.

10. (Withdrawn) The method of claim 5 wherein each of the plurality of rolling elements having a different element weight to hockey puck weight ratio comprises a plurality of solid steel balls each having a different ball diameter.

11 - 16 (Canceled)

17. (Withdrawn) A method for stick handling training with a hockey stick, said hockey stick including a shaft portion and a blade portion comprising:

holding the stick shaft portion with an upper hand near a top end of the shaft portion and holding the stick shaft portion with a lower hand below the upper hand and positioned between 254 - 356 mm, (10 - 14 inches) apart from the upper hand;

positioning a practice ball having a weight of at least 226.8 grams, (8 ounces) on a practice surface, the practice surface providing a higher resistance to sliding of the practice ball than to rolling of the practice ball, the practice surface having dimensions of between 750 - 1220 mm (29.5 - 48 inches) long by 460 - 685 mm, (18.1 - 26.5 inches) wide;

rolling the practice ball between two positions substantially 610 mm (24 inches) apart using a torque applied to the stick shaft by the upper hand while merely guiding the stick with the lower hand; and,

repeating the rolling of the practice ball between the two positions alternately using a forehand and a backhand stick handling motion of the stick blade portion for a set of 30 or more repetitions.

18. (Withdrawn) The method of claim 17 further comprising the steps of performing sets of 30 or more repetitions using each of a plurality of practice balls, wherein each of the plurality of practice balls has a different weight in the range of 226.8 grams, (8 ounces) to 1814 grams (64 ounces).

19. (Previously Presented) A hockey stick handling training kit comprising four solid steel balls with each ball having a different weight ranging from 226.8 to 1814.4 grams, (8 to 64 ounces) and with each ball having a different diameter ranging from 38.1 to 76.2 mm, (1.5 to 3.0 inches) and wherein a first of the four steel balls has a diameter of 50.8 mm (2.0 inches) or less and a weight of 538.65 grams, (19 ounces) or less, and further wherein a second of the four steel balls has a diameter of 63.5 mm, (2.5 inches) or more and a weight of 1077.3 grams (38 ounces) or more.

20. (Currently Amended) The hockey stick handling training kit of claim 19 further comprising a practice surface mat for contacting the solid steel balls during stick handling practice, said practice mat comprising a smooth flat surface formed on a substantially-uniformly thick layer of a compliant material formed to be indented by a ball weighing 538.7 grams (19 ounces) or more, and wherein an indentation caused by a ball weighing 538.7 grams or more increases a rolling resistance of the ball weighing 538.7 grams or more as it rolls over the practice mat.~~one of, polyester, urethane foam, polyester with a vinyl facing, neoprene, ethylene vinyl acetone, silicone and polyethylene, and wherein the uniformly thick layer is formed to be sufficiently compliant that it is slightly indented by a spherical element weighing 1814.4 grams, (64 ounces) and further wherein the practice surface is formed with a coefficient of friction between the practice surface and the spherical element ranging from 0.3 to 0.9~~

21 - 23 (Canceled)

24. (Currently amended) The hockey stick handling training kit of claim ~~19~~20 wherein the practice mat includes a~~further comprising a practice mat comprising a uniformly thick material layer formed with a smooth flat practice surface~~ for contacting the four solid steel balls during stick handling practice ~~for stick handling the four steel balls on,~~ and wherein the practice surface is formed with coefficient of friction between the practice surface and the steel balls ranging from 0.5 to 0.9.

25. (Currently amended) The hockey stick handling training kit of claim 19 20 wherein the compliant material comprises urethane foam, ~~further comprising a practice mat for placing onto a floor and for supporting one of the four steel balls on a practice surface of the practice mat during stick handling practice, said practice mat comprising a substantially uniformly thick layer of a compliant material that is slightly indented by a ball weighing 1814.4 grams, (64 ounces).~~
26. (Currently amended) The hockey stick handling training kit of claim 19 wherein one ~~of said first~~ of the four steel balls has a diameter of approximately 38.1 mm, (1.5 inches) and a weight of approximately 226.8 grams, (8 ounces). ~~and further wherein said second of the four steel balls has a diameter of approximately 63.5 mm, (2.5 inches) and a weight of approximately 1077.3 grams, (38 ounces), and wherein a third of the four steel balls has a diameter of approximately 76.2 mm (3.0 inches) and a weight of approximately 1814.4 grams, (64 ounces).~~
27. (Currently amended) The hockey stick handling training kit of claim 26 wherein a ~~fourth~~ another of the four steel balls has a diameter of approximately 50.8 mm, (2.0 inches) and a weight of approximately 538.65 mm, (19 ounces).
28. (Currently amended) A hockey stick handling training kit for use with a hockey stick for training a player to use a desired stick handling motion, the kit comprising:
- a plurality of spherical elements each having a different weight ranging from 226.8 to 1814.4 grams, (8 to 64 ounces), and each having a different diameter

ranging from 38.1 to 76.2 mm, (1.5 to 3.0 inches); and, ~~wherein a first of the plurality of spherical elements has an approximate diameter of 38.1 mm (1.5 inches) and an approximate weight of 226.8 grams, (8 ounces) and wherein a second of the plurality of spherical elements has a diameter of 63.5 mm, (2.5 inches) or more and a weight of 1077.3 grams (38 ounces) or more~~

— a practice mat comprising a compliant material formed to be indented by a ball weighing 538.7 grams (19 ounces) or more, and wherein an indentation caused by a ball weighing 538.7 grams or more increases a rolling resistance of the ball weighing 538.7 grams or more as it rolls over the practice mat.

29. (Currently Amended) The hockey stick handling training kit of claim 28 ~~further comprising a practice mat for placing onto a floor and supporting the spherical elements on a practice surface of the practice mat during stick handling training, said practice mat comprising a substantially uniformly thick layer of a compliant material that is slightly indented by a spherical element weighing 1814.4 grams, (64 ounces)~~ wherein the plurality of spherical elements comprises a first spherical element having a diameter of substantially 38.1 mm, (1.5 inches) and a weight of substantially 226.8 grams, (8 ounces), a second spherical element having a diameter of substantially 50.8 mm, (2.0 inches) and a weight of substantially 538.7 grams, (19 ounces), a third spherical element having a diameter of substantially 63.5 mm, (2.5 inches) and a weight of substantially 1077.3 grams, (38 ounces), and a fourth spherical element having a diameter of substantially 76.2 mm, (3.0 inches) and a weight of substantially 1814.4 grams, (64 ounces).

30. (Previously presented) The hockey stick handling training kit of claim 29 wherein the practice mat is substantially rectangular having a length ranging from 750 to 1220 mm, (29.5 to 48 inches) and a width ranging from 460 to 685 mm, (18.1 to 27.0 inches).
31. (Previously presented) The hockey stick handling training kit of claim 29 wherein the practice mat comprises a plurality of interlocking mat sections assembled together.
32. (Previously presented) The hockey stick handling training kit of claim 29 wherein the compliant material comprises urethane foam formed with a closed cell structure.
33. (Currently amended) The hockey stick handling training kit of claim 29-32 wherein the practice mat includes a practice surface ~~is~~ sealed with a layer of vinyl.
34. (Previously presented) The hockey stick handling training kit of claim 29 wherein the substantially uniformly thick layer has a thickness ranging from 12.7 to 25.4 mm, (0.5 to 1.0 inches).
35. (Currently Amended) The hockey stick handling training kit of claim 29 wherein the practice mat includes a practice surface ~~is~~ formed with a coefficient of friction



between the practice surface and the spherical element ~~ranging from 0.3 to 0.9~~ of substantially 0.8.

36. (Currently Amended) The hockey stick handling training kit of claim 29-28 wherein the substantially uniformly thick layer comprises a closed cell urethane foam formed with a thickness ranging from 12.7 to 25.4 mm, (0.5 to 1.0 inches) and further wherein the practice mat is substantially rectangular having a length ranging from 750 to 1220 mm, (29.5 to 48 inches) and a width ranging from 460 to 685 mm, (18.1 to 27.0 inches).

37. (Currently Amended) A hockey stick handling training kit comprising:

- a first spherical element having a diameter of substantially 38.1 mm, (1.5 inches) ~~for contacting a hockey stick blade at nearly the same height above a practice surface as the hockey stick blade contacts a conventional hockey puck and wherein the first spherical element has~~ and a weight of 170.1 grams, (6 ounces) or more;
- a second spherical element having a weight of ~~1077.3 mm, (38 ounces)~~ substantially 538.7 grams, (19 ounces), or more ~~usable to force a player to roll the second spherical element by rotating a shaft of the hockey stick about a longitudinal axis thereof for reinforcing a desired stick handling motion; and,~~
- a practice mat comprising a compliant material formed to be indented by a spherical element weighing 538.7 grams (19 ounces) or more, and

wherein an indentation caused by the spherical element weighing 538.7 grams or more increases a rolling resistance of the spherical element weighing 538.7 grams or more as it rolls over the practice mat and further wherein the practice mat includes a for placing onto a floor and supporting the spherical elements on a practice surface of the practice mat during stick handling practice, said practice surface for contacting the spherical elements during stick handling practice and wherein the practice surface is being formed with a coefficient of friction between the practice surface and the spherical elements ranging from 0.5 to 0.9.

38. (Previously presented) The hockey stick handling training kit of claim 37 wherein the first spherical element weighs approximately 226.8 grams, (8 ounces).
39. (Currently amended) The hockey stick handling training kit of claim 38 wherein the second spherical element has an approximate diameter of ~~63.5 mm, (2.5 inches)~~50.8 mm, (2.0 inches), and further comprising a third spherical element having an approximate weight of ~~1814.4 grams, (64 ounces)~~1077.3 grams, (38 ounces) and an approximate diameter of ~~76.2 mm, (3.0 inches)~~63.5 mm, (2.5 inches).
40. (Currently amended) The hockey stick handling training kit of claim ~~37~~39 further comprising a fourth spherical element having an approximate weight of 1814.4 grams, (64 ounces) and an approximate diameter of 76.2 mm, (3.0 inches)~~wherein said practice mat comprises a substantially uniformly thick layer of a compliant~~

~~material that is slightly indented by a spherical element weighing 1814.4 grams, (64 ounces).~~

41. (Currently amended) The hockey stick handling training kit of claim ~~39~~ 37 wherein the practice mat ~~comprises a substantially uniformly thick layer having~~has a thickness in the range of 12.7 - 25.4 mm, (0.5 - 1.0 inches) and is formed with a rectangular shape with a length of at least 650 mm, (25.6 inches) and a width of at least 460 mm, (18.1 inches).

42. (Currently amended) The hockey stick handling training kit of claim ~~41~~ 37 wherein the practice mat comprises urethane foam.

43. (Currently amended) The hockey stick handling training kit of claim ~~41~~ 37 wherein the practice mat comprises polyester and further wherein the practice surface is sealed by a layer of vinyl ~~facing formed thereon~~.

44. (Currently amended) The hockey stick handling training kit of claim ~~41~~ 37 wherein the ~~practice mat~~compliant material comprises neoprene and further wherein the practice surface is sealed by a layer of vinyl.

45. (Currently amended) The hockey stick handling training kit of claim ~~41~~ 37 wherein the ~~practice mat~~compliant material comprises ethylene vinyl acetone.

46. (Currently amended) The hockey stick handling training kit of claim 41-37 wherein the ~~practice mat~~compliant material comprises polyethylene.
47. (Currently amended) The hockey stick handling training kit of claim 41-37 wherein the ~~practice mat~~compliant material comprises silicone.
48. (Currently amended) A hockey stick handling training kit according to claim 28-29 further comprising a spherical element weighing less than 170.1grams, (6 ounces).
49. (Currently amended) A hockey stick handling training kit according to claim 39-40 further comprising a spherical element weighing less than 170.1grams, (6 ounces).